

# MONTHLY FOCUS

## Month Three : Acceptance

with Nat Sharratt

*"If you are feeling drained and tired a lot and don't know why, I would suggest looking at your areas of incompletions. Not only the incompletions that you have "out there," but the incompletions that you are creating inside of you." - [Transcending by Nathaniel Sharratt](#)*

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The monthly focus is a very simple approach that you can participate in, along with others, to integrate spiritual principles into your daily life in order to experience a more elevated life.

Our fourth monthly focus is **Completion**.

Below is how you can start implementing the monthly focus today.

1. Choose an incompleteness that you would like to focus on bringing to completion this month. This can be as simple as a room you want to clean, something in a relationship that is hanging out there, something you've been telling yourself or someone else you're going to do but haven't taken any action on, or something unresolved inside of you, etc.
  
2. Describe in your journal
  - a. What the incompleteness is
  - b. What completion would look like
  - c. How many times a week you will take action. Exactly which days. Put it in your schedule. Maybe it can be done all at one time, maybe you need to consistently work on it until it's complete.
  
3. At least once a day, imagine it complete. What does it look and feel like when it is complete? How do you feel with it complete? You can also send the Light to this area for the highest good.

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4. Do one “smallest step” physical action towards completion each day (or as often as you have set out to do). Sometimes, trying to do too much actually causes you to do nothing at all. To overcome your resistance to taking action, you can break the task at hand down to the smallest action. If you are still not taking action, break it down to an even smaller step. Then complete the smallest step. Then the next. Then the next.
5. Track each day you do this on a tracking sheet (tracking sheet attached below).
  - a. Track each day that you imagine the area complete
  - b. Track each day that you take a physical action

Print up the tracking sheet, write “Imagining Completion” on one line in left column and “Smallest Step for Completion” on a line below it, and mark in the box for each day you imagine it complete and each day you take action. You can also continue to do and track the previous monthly focuses.

6. If you complete one thing, you can select another incompleteness to work with in this way.
7. At the end of the month, review and write down any shifts and changes to this particular area and if it is complete, or the progress you made towards completion.

